

SAMPLE

ARF Point Card

Please use this card to keep track of your physical activity until your ARF logbooks arrive! After you receive your book, please transfer the information.

All you need to do is write the number of minutes that you move on each Friday under the different categories. Don't forget to write your TOTAL number of minutes in the last box!

WEEK/DATE	P.E. CLASS	OUT OF SCHOOL	RECESS/OTHER	TOTAL MINUTES
10/29/05				
11/5/05				
11/12/05				
11/19/05				
11/26/05				
12/3/05				